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Monday, March 29, 2010

# THE MORNING NEWS

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## Fiesta Rotaria 2010!



Great food, entertainment and bargains had islanders flocking to the Fiesta Rotaria yesterday; all the island looks forward to this massive street fair conducted annually by the Rotary Club Aruba, which supports several important charitable foundations.

A very happy Kristan won the doll of her choice at the raffle booth; families enjoyed a hearty Sunday meal with a choice of menu from the Divi-Tamarijn Mega-All Inclusive culinary team, the perennial favorite, barbecue from Amazonia Brazilian Rodiso restaurant, and paella that sported jumbo shrimp, from the kitchens of the Occidental Grand Resort. Knowing their purchase would assist worthy causes made the food taste even better!

There was fun for the kids, and every sort of flea market bargain for parents to dig through, from furniture and lighting fixtures to plants and a pair of little used (big surprise!) quality ski boots, just waiting for a buyer with the right sized feet and 10 florins (\$5.50) to burn.

Island celebrities beat the

heat by getting dunked, and families and friends lingered over refreshments and enjoyed the continual stream of singing and dancing while waiting to see if they were the big winners of a new car or a vacation, the grand prizes of the annual

Rotary raffle.

Diego Franken, Rotary Club President confirmed that ticket sales were good, as usual, and club members feel rewarded by overwhelming public response to their annual fundraising effort.



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## In surprise visit to war zone, Obama prods Afghans

KABUL, Afghanistan (AP) — In a surprise visit, President Barack Obama pressed Afghan leaders yesterday to do more to rein in rampant corruption and improve their government as he got a firsthand look at the 8-year-old war he inherited and dramatically escalated.

During meetings with President Hamid Karzai and his Cabinet, Obama told them he was pleased with progress made since his last discussion with Karzai, by secure video-conference on March 15. Obama also invited Karzai to visit Washington on May 12.

He praised recent steps in the military campaign against insurgents. But in discussions that lasted about 30 minutes at the presidential palace, Obama stressed that Afghans need to see conditions on the ground get better.

The trip, its secrecy forced by security concerns, was an

## Red Cross: Colombian rebels freed captive soldier

VILLAVICENCIO, Colombia (AP) — Colombian rebels released a soldier to the International Red Cross yesterday after holding him for almost a year in captivity.

Red Cross spokesman Adolfo Beteta said 23-year-old Pvt. Josue Daniel Calvo was in the hands of the humanitarian group and heading home.

Beteta spoke to reporters at the airport in the city of Villavicencio, where a Brazilian helicopter emblazoned with the Red Cross logo took off earlier yesterday bound for the undisclosed hand-over point in the Colombian jungle.

He said officials "have no worrying news" about the health of Calvo, who according to the rebels has been suffering from an unknown ailment. He was captured on April 20, 2009, by the Revolutionary Armed Forces of Colombia, or FARC.

Peace commissioner Frank

## Rotterdam bishop knew about abuse

ROTTERDAM, The Netherlands -- Rotterdam bishop Ad van Luyn knew about several cases of sexual abuse of children at Catholic boarding schools run by the Salesian order, a spokesman for the bishop said.

Van Luyn was head of the Salesian order from 1975 to 1981. The bishop was aware of

extraordinary capstone to a momentous week in Obama's presidency. He achieved the most ambitious domestic policy initiative in decades with a historic health care overhaul and scored first major foreign policy achievement with a significant new arms control treaty with Russia.

Karzai promised that his country "would move forward into the future" to eventually take over its own security, and he thanked Obama for the American intervention in his country.

He told Obama he has begun to establish more credible national institutions on corruption and made clear he intends to make ministerial appointments more representative of the multiple ethnic and geographic regions of the country, according to a U.S. account of the meeting

Pearl said Calvo would be taken to a military hospital in the capital, Bogota, upon arrival.

Calvo is the first FARC captive to be released since early 2009, when the guerrillas handed over two politicians and four soldiers who had spent more than six years in the custody of the rebels.

Piedad Cordoba, the opposition senator leading the rescue mission, says the FARC will turn over another soldier early next week: Sgt. Pablo Emilio Moncayo, 32, who has been held for 12 years.

The FARC then intends to halt unilateral releases and press its old demand for talks with the government on exchanging jailed rebels for the 20 or so police and soldiers still in captivity, according to Cordoba.

Moncayo's father became famous for walking halfway across Colombia to press for his son's release.

'several concrete cases' and 'had to take action,' the spokesman said.

It is the first time the bishop has admitted knowing about the abuse. He declined to make any further comment pending the outcome of an independent inquiry into abuse at Catholic schools and seminaries nationwide.

## Pope opens solemn Holy Week amid sex abuse crisis

VATICAN CITY (AP) — Pope Benedict XVI opened Holy Week yesterday amid one of the most serious crises facing the church in decades, with protesters in London demanding he resign and calls in Switzerland for a central registry for pedophile priests.

Benedict made no direct mention of the scandal in his Palm Sunday homily. But one of the prayers, recited in Portuguese during Mass, was "for the young and for those charged with educating them and protecting them."

Jesus Christ, Benedict said in his homily, guides the faithful "toward the courage that doesn't let us be intimidated by the chatting of dominant opinions, towards patience that supports others."

Palm Sunday commemorates Christ's triumphant entry into Jerusalem, and is the start of the church's Holy Week, which includes the Good Friday re-enactment of Christ's crucifixion and death and his resurrection on Easter Sunday.

This year, the most solemn week on the Catholic Church's liturgical calendar has been stained by a clerical abuse scandal that has spread across Europe to the Pope's native Germany.

In London yesterday, a few dozen people gathered outside

## Right group: Over 300 killed in DR. Congo massacre

KINSHASA, Democratic Republic of Congo — Ugandan LRA rebels killed at least 321 civilians in a previously unreported "well-planned" four-day attack on villages in the DR Congo last December, Human Rights Watch said yesterday.

In a report released in Kampala, HRW said 250 others, including at least 80 children, were abducted in the December 14-17 Lord's Resistance Army attack in the remote Makombo area of northeastern Haut Uele district.

A Catholic clergyman at Isiro-Niangara in the same district, speaking before the report was issued, confirmed that 30 members of the rebel LRA attacked a dozen villages of Haut Uele, which is in Orientale province.

"They killed at least 300 people. They also kidnapped between 200 and 400 others before disappearing," clergyman Dieudonne Abakuba said.

"The vast majority of those killed were adult men, whom LRA combatants first tied up



Protesters hold placards during a rally calling for the resignation of Pope Benedict XVI.

Westminster Cathedral to demand the Pope resign. Demonstrators carried placards saying "Pope? Nope!" and "Don't Turn a Blind Eye."

The Archbishop of Westminster Vincent Nichols insisted the Pope wouldn't — and shouldn't — quit. "In fact, it is the other way around," he told BBC television. "He is the one above all else in Rome that has tackled this thing head on."

In Austria, where several cases have come out in recent weeks, the archbishop of Vienna announced the creation of a church-funded but clergy-free and independent commission to look into Austrian abuse claims.

It will be run by a woman, the former governor of Styria province, and is not meant to take the place of a possible state-run investigative commission, Cardinal Christoph Schoenborn told public broadcaster ORF yesterday.

And in Switzerland, Swiss President Doris Leuthard told the weekly SonntagsZeitung that Switzerland should consider creating a central registry of pedophile priests to prevent them from coming into contact with more children.

Church leaders say about 60 people have reported to be victims of priest abuse in Switzerland

and then hacked to death with machetes or crushed their skulls with axes and heavy wooden sticks.

"The dead include at least 13 women and 23 children, the youngest a three-year-old girl

who was burned to death.

LRA combatants tied some of the victims to trees before crushing their skulls with axes," said the report, written after a mission visited the region in February.

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## Deputy Prime Minister Mike de Meza proclaims week of April 18 – 24 as Week of Administrative Professionals



Recently, Deputy Prime Minister Mike de Meza, together with a delegation of professional administrators, signed the proclamation, 'Power of Compromise,' in relation to the week and day of these professionals. Minister de Meza proclaimed April 18 to 24, 2010 as the Week of Administrative Professionals and April 21, as their day: "Day of Administrative Professionals." The delegation comprised of Mrs. Delma McBarnett, president; Mrs. Ida Croes, vice-president; Johanna Tromp, treasurer; Mrs. Betty Solognier, secretary; and members Mrs. Norma Bennet and Mrs. Luis Boekhoudt. Representing Minister Mike Eman were Mrs. Sandra Jacobs and Mrs. Betty Vrolijk, and representing Ministers Benny Sevinger and Mike de Meza were Mary Singh, Desiree Correa and Diana Clark.

## Minister of Health Richard Visser visits the Blood Bank Foundation

Recently, Minister of Public Health and Sports, dr. Richard Visser paid a visit to the Aruba Blood Bank. The complete staff and delegation of the Board of Directors were present to receive the minister. During the visit, he got an explanation on the work done there and the problems the staff encounter.

After the formal introduction, professor dr. Duits gave a presentation of what is done at the Blood Bank. Emphasis was put on the international rules and regulations required on materials used when dealing with blood. From the moment blood is taken from a person, until the blood is delivered they have to make sure all international requirements are met, and this must be in writing to proof that those requirements were met.

There is a group who voluntarily donates blood, to ensure that there is enough blood for any citizen at any time. This is very unique in Latin America and the Caribbean. During the presentation it was brought forward the need for specific laws to regulate the delivery of blood here on the island, to maintain a high quality product.

After the presentation Minister Visser donated blood, and as all other donors, he passed



through the necessary safety procedure. From now on, as a blood donor, he will receive an annual general checkup. At

the end he got an explanation of the different areas and sections of the Blood Bank.

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## Poll on education innovation

ORANJESTAD – Taking into account the innovation in the AVO (Algemeen Vormend Onderwijs)- a general education forming system, which culminated in the VWO exams, the Department of education will once again monitor the students, teachers, and parents to share their experience with the system, for the schoolyear 2009-2010.

There will be a new poll for

parents of the students of advanced education - Havo 5, VWO 5 and VWO 6 to fill out.

The Department of Education kindly requests parents to fill out the form and return it back to the school as soon as possible. The last day to return the forms is Wednesday, March 31, 2010.

The Department of Education would like to thank the parents for their cooperation.



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## Cactus

### Edible Cacti



**Prickly Pear**

Edible cactus is also known as nopales, nopalitos or cactus pads. This vegetable is popular in Mexico and other Central American countries, parts of Europe, the Middle East, India, North Africa and Australia. Its popularity is increasing in the United States where it can be found at Mexican grocery stores, specialty produce markets and farmer's markets.

Edible cactus is characterized by its fleshy oval leaves (typically called pads or paddles) of the nopal (prickly pear) cactus.

With a soft but crunchy texture that also becomes a bit sticky (not unlike okra) when cooked, edible cactus tastes similar to a slightly tart green bean, asparagus, or green pepper.

Cactus pads contain beta

carotene, iron, some B vitamins, and are good sources of both vitamin C and calcium.

#### Fruit

As part of the cactus plant, the prickly pear is a fruit that is 2 to 4 inches long and shaped like an avocado. Its skin is coarse and thick, not unlike an avocado and it ranges in color from yellow or orange to magenta or red. Tubercles with small prickly spines can be found on the prickly pear's skin. This fruit's flesh, which ranges in color also from yellow to dark red, is sweet and juicy with crunchy seeds throughout.

The prickly pear can be diced like pineapple and used as a topping on yogurt or cereal or blended into a smoothie.



**Cacti with ripe fruit**



**fallen soldier**

There is no way to talk about Aruba's cunucu without talking about cactus. We have so many kinds, and most people think of the tall pipe-like stems of the cadushi, when they talk about cactus, but even those have many, many different kinds. One very special one is the "Dama di Anochi"- "Lady of the Night," as the beautiful white flowers only open when it is dark.

From the tall cactus we used to harvest the inner folds and a part of the plant we would peel away-it is called "Breba." We would dry it in the sun and use in fish soup when we couldn't afford to buy yambo- okra. It has a very similar consistency when cooked, and is supposed to be good for the digestion.

Also from the cadushi and the tuna cactus we can find a nice fruit (prickly pear), very sweet, but full of thorns. After taking off the thorns, it is good to rub it a little bit on your sleeve before you open it and eat it. Tuna also produce a very beautiful yellow flower.

The bushi, the funny round cactus that grows low to the ground, also has a very nice fruit; it is a bright, bright pink like the flowers and looks like a small pepper. It is a little tangy and has lots of vitamin C; I think it is best to eat right away, when you try to take them home, they dry up in your pocket. These are very hard to find, the birds and lizards love them too.

Just recently a trip in the cunucu made me very sad; I



**Ahhh, Cacti fruit**

found a very big, old cactus that had fallen and was dying. It probably had wood ants, (termites) and this year has been very, very dry, so it fell. Things will still live in it, lizards and such, and eat the insects that also live there, so it is part of the way of things, it will give life even as it dies.

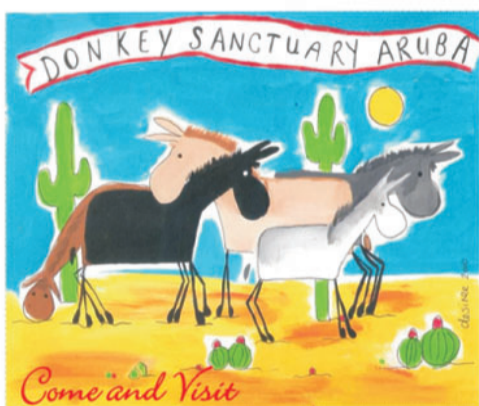
I am much sadder when I see whole areas of cactus and trees, home to all sorts of birds and animals, die from the bulldozer. Those will never give back to the cunucu like this old cactus, which had seen its time. I think we must all think about this a lot more as Aruba keeps building and building; all the creatures that will die along with the cactus.

**EDITOR-Madi Kock's** stories of Aruba run in the **THE MORNING NEWS** every Monday. Her family has lived here for more than five generations, and she



**Bushi**

shares her love of the island and her knowledge of its lore, nature and traditions with her guests. Visitors can indulge in one of her very personal and limited seating tours by calling 749-7494 and arranging it with her daughter Madeline. Enjoy!



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## 'Dragon' stokes up box office with \$43.3M debut



LOS ANGELES (AP) – "How to Train Your Dragon" has breathed a bit of box-office fire

with a \$43.3 million opening weekend and a No. 1 debut.

Yet the DreamWorks Animation adventure came in well behind the studio's last cartoon comedy, "Monsters vs. Aliens," which opened with \$59.3 million over the same weekend last year.

Disney's "Alice in Wonderland," which had been No. 1 the previous three weekends, slipped to second place with \$17.3 million. It raised its domestic total to \$293.1 million.

John Cusack's raunchy comedy "Hot Tub Time Machine" had a lukewarm No. 3 debut of \$13.7 million.

## Cameron warns of urgency to protect environment

SAO PAULO (AP) – Film director James Cameron says there is an urgency to protect the environment and says that climate change will affect rich and poor alike.

Cameron says the success of his movie "Avatar" is proof that the world is ready to take the necessary actions to stop climate change and other environmental problems that could lead to global

tragedies.

The director also mentions his Oscar-winning movie "Titanic," noting that passengers from all classes died when the ship sank. He says everyone will suffer because of climate change.

Cameron made his comments at an international sustainability forum in the Brazilian Amazon city of Manaus.

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## Post Aruba financial administrative staff members increase their skills with Deloitte



**Class completing Internal Control**

Executives for Deloitte financial advisers and services joined with management of Post Aruba to acknowledge the dedication of fourteen Post Aruba employees who completed workshops in Internal Control and Internal Audit. An informal "graduation ceremony" was conducted in the gardens of the Deloitte offices on Avenida Milo Croes on Friday evening, March 26.

The course was conducted by Deloitte Manager Con-

sultant Nicoline M. L. Mol who reports she was quite pleased by the motivation and interest of the fourteen Post Aruba staff who completed the Internal Control program and the six who participated in the Internal Audit.

Director of Post Aruba, Kees Nedercassel was present to commend employees being recognized that evening, as was their immediate supervisor, Archibald Dick, Manager of Finance for

Post Aruba. Both conceded to the necessity of expanded capabilities of their staff, thus increasing efficiency within the postal services and opportunity for advancement.

Deloitte's Director, Anthony Croes expressed his satisfaction with this first program of business managerial and administrative techniques they intend to offer to their various clients to improve their operations.

Those proudly receiving their certificates that evening



**Graduates of Internal Audit**



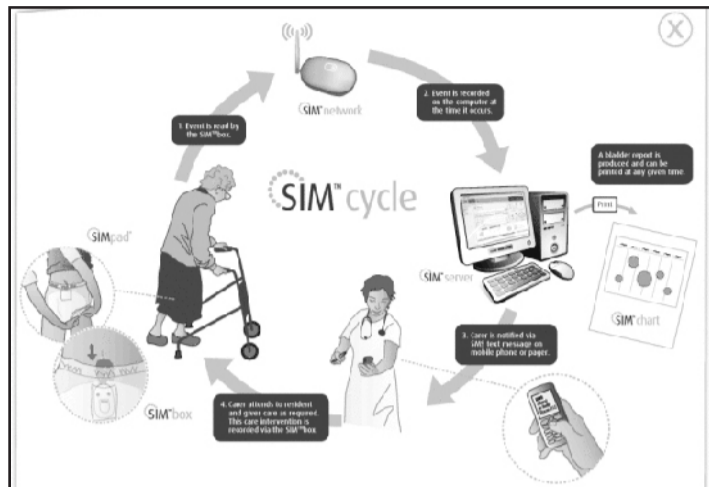
**Director of Post Aruba, Kees Nedercassel, Deloitte Manager Consultant Nicoline M.L. Mol and Deloitte's Director, Anthony Croes**

were Lidia Beaumont, Mayra De Sousa, Zulaika van der Biezen, Emyliane Kock, Jo-Ann Croes, Roque Yrausquin, Kenneth Ruiz, Alberto

Grovell, Vivian Alberto, Verouska Blanco, Roseleann Croes, Margaretha Winklaar, Mirla Rasmijn and Giancarlo Capriles.

## Science/Tech

## You know you've got issues if your skivvies start texting



SIMsystem, hailed as the world's first electronic underpants, are being rolled out across Australia's largest state--New South Wales--following what have been deemed successful trials.

Resembling its politely-named predecessor, the incontinence pad (not to be confused with the iPad), SIMsystem's new-and-improved skivvies come equipped with a sensor strip that alerts caregivers to wetness via text message or, as if the situation couldn't get any more embarrassing, over a facility's paging system. All without ever zapping one's private regions!

The above diagram really says it all. When the "event"

occurs, the sensor strip is read by the close and ever-attentive SIM box, recorded in real time on the computer with which it wirelessly communicates (using ZigBee), cataloged in a bladder report that can be printed at any time, announced via text message or pager, and finally wiped to near oblivion, though it has left its indelible, electronic mark.

It's nice to know that in the end, as sophisticated as our sensory and alert systems have become, we all still have to go, and we all still need it taken care of. Embarrassing? Absolutely. Messy? Without a doubt. Human? You bet your bottom's SIM box.

## World's first 3D LED-backlit TV coming courtesy Of LG

LG announced recently that its upcoming LX9500 will be the world's first HDTV set to combine a fully-LED-backlit LCD with 3D support.

The LX9500 will be available in two models, one coming in at 47 inches, and the other a larger model measuring 55 inches. Both of these thin 1080p LED sets come packed with a whole host of features, including USB 2.0, HDMI, integrated Skype software, and of course 3D

support.

The sets, which do require you to wear USB-powered glasses, should arrive in Korea within the coming months, beating rival Samsung to market. It'll launch in Europe and the US this May. No pricing details were provided for global markets, but when the LX9500 launches in Korea it is expected to cost around 4.7million South Korean Won, which is roughly \$4,000.

## Pimp your BlackBerry



If Liz Taylor breezed into Cartier and demanded a BlackBerry case, it might look like this. Initially unveiled as part of a promotion at CES 2009, Case-Mate's entirely hand-made Diamond BlackBerry Curve Case boasts 42 individual diamonds (3.5 carats, VVS1 clarity and H color) set in

18K white gold. The case itself is made of "Carbon Fiber" leather, previously available only in luxury sports cars and other equally lavish items. This case sells for a cool \$20,000. But shipping's free.

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## The Secret of Turtle Island



Sun-worshiper. Loggerhead turtles (left) bask with their shells above the water's surface (right) when they need to warm up quickly after a plunge into cold, deep water

In the Mediterranean Sea off the coast of Libya, there's an area local fishermen call "Turtle Island." It's real enough, but you'd be foolish to try to sail there. The island is never in precisely the same place, and it changes size from one minute to the next. In fact, you never know when its gleaming shore might disappear altogether, because it's made up entirely of the half-exposed shells of basking loggerhead sea turtles.

The funny thing is, sea turtles, unlike the Mediterranean's human denizens, aren't supposed to like to float, says Sandra Hochscheid, a marine biologist at Stazione Zoologica Anton Dohrn in Naples, Italy. Scientists believe that loggerhead sea turtles (*Caretta caretta*), the dominant sea turtle in the Mediterranean, spend most of their lives underwater or on the sea floor, coming to the surface only for brief gasps of air. "Everything we'd found out about turtles: feeding, mating, migrating, searching for good places, resting ... has all taken place underwater," she says.

Hochscheid knew about Turtle Island and had heard about basking turtles from tourists in Naples, but she'd never seen the behavior for herself. So she decided to fig-

ure out just what the loggerheads were doing spending so much time among the waves. "I've been looking 10 years into what they do under the water surface," Hochscheid says. "But I've never looked at the time they spend at the surface."

Hochscheid and colleagues collected 10 loggerheads from various locations in the Mediterranean and glued tracking devices—small black boxes with flexible antennas—to their shells. Over a year of observations, it became clear why the turtles had developed a reputation as bottom dwellers. The tagged loggerheads spent about 98% of their time underwater. And when they did come up, it was irregularly, sometimes twice in 2 days and sometimes not for a week.

There was a hint to the reason for the behavior, however. The turtles almost always surfaced during the day, 82% of the time, in fact, and mostly at about midday when the sunlight is most direct. Another clue: Daylight basking sessions almost always occurred after the turtles had returned from a dive below the thermocline, the transitional zone between the sun-warmed shallows and frigid depths. Hochscheid believes that daylight surfacing helps

the loggerheads warm up quickly; she speculates it could also aid digestion, though she's not sure how.

Night surfacing, on the other hand, almost always followed dives that were long enough to cause the turtles to run out of air, a duration that the team calculated based on the turtles' weight. Night sessions, then, would help the turtles clear large amounts of lactic acid, produced when the turtles keep swimming when they've run out of oxygen, the team reports today in *The Journal of Experimental Biology*.

Basking may have a downside for the turtles, says Brendan Godley, a conservation biologist at the University of Exeter, Cornwall, in the United Kingdom, because it makes the turtles more vulnerable to boat strikes. He says that if more research uncovers a preference for certain spots or times of year, the findings could feed into conservation efforts. The work also exemplifies how technology is transforming marine biologists' understanding of the turtles, he says. "Especially with satellite tracking, the more we look, the more we find that highlights how complicated these animals are."

## HEALTH

## Is your relationship abusive?



All couples fight. The usual topics include spending habits, in-laws, fidelity, children, chores – the list continues. But when is a relationship abusive? When does the occasional bicker become a warning light?

"There are many different types of abuse", says Ilse Pauw, Cape Town psychologist. "Some involve physical attacks or aggressive behaviour which can range from slapping to bruising, to serious assaults, to murder."

"Then there is sexual abuse within the relationship. Often the physical abuse culminates in sexual violence. Then there is psychological battering, which can constitute verbal abuse, harassment, excessive possessiveness, isolating the partner from family and friends, depriving the person of food, money and clothes, destroying her property and her self-esteem," she added.

**SIGNS OF ABUSIVE RELATIONSHIPS**

**Constant putdowns.** If your partner ridicules you in

front of other people, implying that you are stupid, uninformed and that your opinion on things is irrelevant, the behaviour is abusive.

**Who was that who looked at you?** Extreme jealousy and possessiveness is often a sign of an abusive relationship. If you feel as if you are constantly being watched and constantly questioned about everyone you spoke to, all your movements, chances are your relationship is abusive.

**Demure and downtrodden.** If you find yourself growing quieter and rather saying nothing at all than saying something that could unleash a torrent of abuse, you are in a danger zone. The same goes for starting to do things purely in order to avoid another verbal or physical attack. The sad thing, though, is that it is not your behaviour causing the abuse, so changing your behaviour won't put a stop to it.

**All on my own.** If you find that your partner is constantly criticising your family

and friends, does not make them feel welcome in the home, and makes it more and more difficult for you to see them, the isolation process, which is so typical of the abusive relationship, has begun.

**Last minute cancellations.** You find that it happens more and more often that your partner provokes a scene or does something to effectively prevent you from attending social occasions to which you, or the two of you, have been invited.

**Not a cent to be spent.** Financial control is another form of abuse. Obviously unbridled spending on unnecessary luxuries cannot be justified. But if one of

the partners is forced to hand over their entire salary, or ask for every little thing that is needed, or is not given any spending money, or is made to account for every single cent that is spent, it could be seen as abusive.

**Temper tantrums.** No one is always in a good mood, but there is a difference between feeling rather miffed and losing control, shouting, screaming and breaking things. If your partner is destroying your property, the message is clear: You could be next. If you are unable to raise even small issues without unleashing a torrent of abuse, there is a problem.

**Violent assaults.** Whether this happens once a year or every week, if there are violent episodes in your relationship, the relationship is abusive. Being bruised, battered and assaulted by your partner is not acceptable. No one ever deserves to be treated in this manner, whatever the reasons the batterer chooses to give. It is not your behaviour that causes this – if you do some research, you will more than likely find that there is history of this kind of behaviour long before you were ever on the scene.

**Your children are quiet and withdrawn.** Children who live in a home where the parental relationship is physically or emotionally abusive, quickly learn that it is better not to attract any attention. They are often withdrawn and overcompliant, and sometimes develop behavioural problems or psychosomatic symptoms as a result of the stress they're under.

## Tip: If You Notice Blood in the Stools

## It should be checked by a doctor

Bloody stools can indicate an internal injury or abnormality. A doctor should evaluate the condition without delay. The University of Maryland Medical Center suggests these possible causes of blood in the stools:

- \* An abnormality in the blood vessels, or an esophageal tear.
- \* An ulcer in the duodenum, gastritis, or bleeding in the stomach.
- \* Insufficient blood flow to the intestines.
- \* An injury or object lodged in the gastrointestinal tract.
- \* Anal fissures, colon cancer or polyps in the colon.
- \* Hemorrhoids.
- \* Diverticulosis or inflammatory bowel disease.
- \* An infection in the intestines.
- \* A tumor in the small bowel.

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## Fruit compound may help those with asthma



AUCKLAND, New Zealand -- Natural chemicals from blackcurrants may help reduce lung inflammation in those with allergy-induced asthma, researchers in New Zealand said.

The study, published in Molecular Nutrition and Food Research, found in laboratory experiments the blackcurrant compound enhances the natural defense mechanisms in lung tissue by both suppressing inflammation-causing reactions and minimizing inflammation.

## Big Smiles, Longer Lives?



If you're always the one in the photo flashing the biggest smile, a new study suggests you can count on living a long life.

Researchers from Wayne State University in Detroit evaluated the photographs of 230 Major League Baseball players who started playing before 1950, rating their smiles as nonexistent to full.

"People who had the most intense smiles lived the longest, compared to the other two," said Ernest L. Abel, a professor of obstetrics and gynecology and of psychology at Wayne State.

"The more intense smile, we infer, indicates an underlying happiness, if you will, a more positive attitude," he said. "It's hard to fake an intense smile."

The researchers gathered other information potentially linked with longevity from a longstanding data base on the players, such as college atten-

Dr. Roger Hurst of New Zealand company Plant & Food Research said fruit consumption has been shown to reduce symptoms in allergy-induced asthma, yet this research is the first to give insights into the mechanism by which this may occur.

Hurst said the cells from lung tissue were used to test the effects on the immune system of a proanthocyanidin rich extract, from blackcurrant cultivars grown in New Zealand.

When the lungs are exposed to allergens, the body's natural response is to attack the perceived foreign body that in some individuals results in long-term inflammation.

Selective compounds found in fruit and vegetables may work together with the body's own natural defense mechanism to suppress long-term lung inflammation, Hurst says.

dance, marital status, birth year and body-mass index.

They asked reviewers who didn't know the study's purpose to rate the player's smiles as a 1, 2, or 3, with 1 being no smile, 2 a partial, and 3, a broad full smile, the kind that makes your eyes crinkle.

As of June 1, 2009, all but 46 players had died, and they looked back to see if the smile intensity in photos was linked with longer life. It was.

On average, the longevity of the non-smilers was 72.9, 75 for the partial smilers and 79.9 for the big smilers.

The big smilers had what is known as a Duchenne smile, named after the French neurologist who discovered it. Cheeks and the corners of the mouth are raised, and crows-feet wrinkles appear around the eyes.

After Abel and his team controlled for variables such as marital status, birth year and body-mass index, they found the smile-longevity link still held. Those with the biggest smile were half as likely to die in a given year than the nonsmilers. But in this regard, broad smilers didn't differ significantly from partial smilers.

# Love sushi?

## Experience the truly unique at House of Japan



Beef Skewers



Chef Kasuki with Spicy Salmon Roll



South Beach Roll

Located within the stylish new South Beach Mall, the House of Japan not only offers chic surroundings and an intimate ambiance, it also sports the most unique sushi selection on the island. House of Japan has brought in master sushi chef Kasuki Tsuchiya to create a selection of specialized dishes just for

them, and they provide a fresh and memorable dining experience for even the most jaded aficionados of sushi. Raised in the large Japanese community of Latin American, Chef Kasuki has incorporated many of the elements of regional cooking for his distinctive creations.

Sushi aficionados will find

all their favorites, but be adventurous and try their unique South Beach Roll, Oranjstad Roll or the Ivanka Roll; exquisite experiences for your taste buds that should not be ignored. During a recent two-week visit to Aruba, sushi fanatic Kiril Kulish, who last year won the Tony Award for his starring turn in the Broadway hit "Billy Elliot," declared House of Japan his favorite restaurant in all of Aruba, expressing they served "the best sushi I have ever had, **anywhere.**"

Veteran visitors will recognize Mylene hard at work behind the counter. She is famous on Aruba for her preparation of sushi and other Japanese delights, such as their tempting Neptune Salad and the House of Japan Ceviche. Her dedicated clientele have followed her through her 11-year career in Aruba's Japanese restaurants, and they report they are ecstatic to find her again hard at work in the chic but cozy environs of House of Japan.

"The sushi we are making here is like none other seen on Aruba," expressed Mylene regarding working with Chef Kasuki, "it is so exciting to be trying these new dishes, they are so nontraditional and I find the old standards sometimes pale in comparison. We have everyone's favorites, and can make anything they ask for, but we are sure they will love what we have created."

House of Japan is open for dinner seven days a week; Sundays through Thursdays from 5:30 p.m. until 12:30 a.m., and on Fridays and Saturdays until 2:30 a.m. They



Neptune Salad



Mylene has a deft hand at the counter

offer a charming and intimate interior dining room as well as dinner under the stars on the South Beach Terrace. The restaurant also sports a cozy Teppenyaki table in the back,

which seats six comfortably. Hibachi Chef Aldrin, well known to all his fans as "Buzz," is eager to entertain as he prepares a succulent meal before your eyes.

## Libya and EU patch up Schengen visa dispute

SIRTE, Libya – Libya lifted a visa ban on citizens of 25 European countries on Saturday after EU president Spain said a Swiss-instigated visa blacklist against 188 Libyans in those countries had been scrapped.

The end to the visa ban and the Schengen zone blacklist will likely defuse a crisis that has threatened to damage growing business ties between Europe and oil exporter Libya.

"In the interests of strengthening its cooperation with the European Union, Libya lifts the restrictions it earlier imposed on the citizens of the Schengen zone," Libya's Foreign Ministry said in a communique carried by JANA, the state news agency.

Spain's foreign ministry had earlier issued a statement announcing the visa blacklist had been torn up and expressed regret as part of a diplomatic drive by EU leaders.

"Libya expresses its appreciation at the European Union for this move," JANA quoted the Foreign Ministry statement as saying. "This is a defeat for Switzerland by means of collective European action. Libya accepts the EU

decision..."

Libya stopped issuing visas to citizens from the Schengen borderless travel zone in retaliation for Switzerland, a Schengen member, barring entry to 188 Libyan citizens including the country's leader Muammar Gaddafi and members of his family.

The Swiss move prevented the blacklisted Libyans from entering any of the other Schengen states because the terms of the Schengen agreement obligate all members to refuse visas to citizens of countries blacklisted by fellow Schengen nations.

The Schengen area is a borderless travel zone grouping 22 EU nations plus Switzerland, Norway and Iceland.

Switzerland has been locked in a diplomatic dispute with oil exporter Libya since July 2008, when police in Geneva arrested Hannibal Gaddafi, a son of the Libyan leader, on charges of mistreating two domestic employees.

In February Gaddafi urged jihad against Switzerland and earlier this month Libya slapped a trade embargo against Switzerland.



# Breakfast

7:00 a.m. - 11:00 a.m.

**EGG DISHES**

- \*2 eggs sunny side up with ham & cheese
- \*Scrambled with ham, cheese, onions, green pepper, tomato, mushroom
- \*Plain omelettes with ham, cheese, onion, green pepper, tomato, mushroom

All egg dishes are served with a choice of : white or whole wheat baguette or sliced toasted bread.

- \*PASTECHI HORNA
- \*CRÊPES
- \*SWEET CRÊPES
- \*BAGEL with cream cheese, smoked salmon, boiled egg

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- \*Pan grandi ( di rama ) or baguette
- \*KERRIE-KERRIE ( FISH )
- \*CONCH
- \*FISH EGG
- \*SHRIMPS
- \*FISH FILLET
- \*FISH CAKE
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## Kids Easter celebration at Paseo Herencia



## Renaissance Mall special opening hours during Easter holiday



Renaissance Mall, located in the center of Oranjestad with its wide variation of stores, will have special opening hours during the Easter Holiday week. Special store hours will be valid from March 28th until April 7th.

As of today, March 29, until Thursday, April 1, the opening hours will be from 10 o'clock in the morning until 9 o'clock at night. On Good Friday April 2nd they will be completely closed and are open again on Saturday April 3rd from 10.00 a.m. until 9.00 p.m. On Easter Sunday they are closed and for Easter Monday, April 5th, they will be open from 11 o'clock

in the morning until 3 o'clock in the afternoon.

Two special days, April 6th and 7th, they will be open from 10.00 a.m. until 9.00 p.m. non-stop. Especially for the kids visiting the mall with their parents, on April 3, the famous Easter Bunny will be sharing out chocolate Easter eggs. Kids will also have chance to take a memorable picture together with the Easter Bunny.

Visitors and the community of Aruba are cordially invited to enjoy these special opening hours where you can still shop after working hours at the Renaissance Mall.

On Saturday, April 3rd Paseo Herencia Shopping & Entertainment Center will have a Kids Easter Celebration. The event will start at 5.00 p.m. with a clown show, various games with fabulous prizes and a dance performance for the kids. Also there will be dino jump, face painting, cotton candy and popcorn for the

kids and the opportunity to take a picture with the Easter bunny.

To participate in this event parents can sign up their kids at the parking cashier of Paseo Herencia Shopping & Entertainment Center. Inscription dates are Wednesday, March 24 – Monday, March 29 Price per child is Afl 25,- or \$14.50

and includes a t-shirt, basket with Easter eggs, french fries and juice by Taste of Belgium Bistro and a bag of cookies by Suzy's Cookies.

Stores at Paseo Herencia Shopping & Entertainment Center are open Monday till Saturday from 10 a.m.-10 p.m. and on Sunday from 5 p.m.-10 p.m..

## EASTER



Easter, which celebrates Jesus Christ's resurrection from the dead, is Christianity's most important holiday. It has been called a moveable feast because it doesn't fall on a set

date every year, as most holidays do. Instead, Christian churches in the West celebrate Easter on the first Sunday following the full moon after the vernal equinox on March 21.

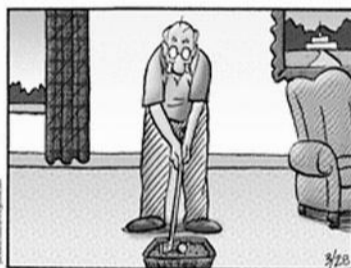
Therefore, Easter is observed anywhere between March 22 and April 25 every year.

Orthodox Christians use the Julian calendar to calculate when Easter will occur and typically celebrate the holiday a week or two after the West-

ern churches, which follow the Gregorian calendar.

Easter is really an entire season of the Christian church year, as opposed to a single-day observance. Lent, the 40-day period leading up to Easter Sunday, is a time of reflection and penance and represents the 40 days that Jesus spent alone in the wilderness before starting his ministry, a time in which Christians believe he survived various temptations by the devil.

CAR TOONS



CROSSWORD



CROSSWORD

- ACROSS**
- 1 Squabble
- 5 Distress signal
- 10 Canine cries
- 14 Roof overhang
- 15 Storytelling Uncle
- 16 Ore source
- 17 Kuwaiti ruler
- 18 Big occasion
- 19 Little fruit pie
- 20 Crimson-cloaked girl in a fairy tale (3 words)
- 23 Comedienne DeGeneres
- 24 Stitch
- 25 Home for 40 Down
- 28 What a whole season of 24 spans
- 29 Sunrise direction
- 33 Accept a "golden handshake"
- 35 Become visible
- 37 Freudian subjects
- 38 Stereotypical useless auction item (2 words)
- 42 Egg on
- 43 More sappy
- 44 Take into custody
- 47 Egg beverages
- 48 Sing-along syllable
- 51 Garden area
- 52 Top of a rating scale
- 54 More ticked off
- 56 Extremely exasperated (4 words)
- 61 Jai \_\_\_\_\_
- 63 "\_\_\_\_ All Ye Faithful" (2 words)
- 64 Arabian Sea gulf
- 65 "Got \_\_\_\_?" (Dairy Council ad slogan)
- 66 Flu symptom
- 67 Jazz singer \_\_\_\_\_
- 68 Soccer legend
- 69 Allison and Tarkenton
- 70 Troop carriers of 6-6-44 (abbr.)
- DOWN**
- 1 Do a slow burn (2 words)
- 2 Actress \_\_\_\_\_
- 3 In an enthusiastic way
- 4 \_\_\_\_\_ Haute, Indiana
- 5 Golfer \_\_\_\_\_
- 6 Son of Jacob and Leah
- 7 Prayer closer
- 8 Ladder steps
- 9 Queen of Persia, in the Bible
- 10 Kind of saxophone
- 11 Driver's aid, perhaps (2 words)
- 12 President before Truman (abbr.)
- 13 Firm
- 21 All thumbs
- 22 Have debts
- 26 Race pace
- 27 "O.K.!"
- 30 Copycat
- 31 Put in plants
- 32 Eagle's claw
- 34 Eye drop
- 35 Gofer
- 36 Seized sedan, briefly
- 38 Drained, with "out"
- 39 Newscast hosted by Chris Matthews
- 40 Resident of 25 Across
- 41 Steppenwolf author
- 42 Chatter
- 45 R-V connection
- 46 Start on the links
- 48 Swaps
- 49 Modern
- 50 Sports venues
- 53 More gracious
- 55 "\_\_\_\_ the nerve!" (2 words)
- 57 Resembling
- 58 PBS science series
- 59 The Untouchables extras
- 60 Towel word
- 61 Roadie's responsibility
- 62 Falsification

Flag Day #68

67 July Celebration

A	P	E	R	I	B	I	S	P	S	H	A	W
R	O	U	E	D	U	N	K	E	T	U	D	E
C	O	R	D	I	N	D	I	R	A	G	E	S
S	L	O	W	P	O	K	E	F	O	R	E	S
				H	E	T	U	P	A	N	S	
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H	U	R	T	L	E	N	Y	C	N	O	T	E
E	D	I	E	V	I	D	E	O	D	I	E	M
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1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
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51				52			53			54	55	
				56	57			58	59	60		
61	62						63				64	
65							66				67	
68							69				70	

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**Sudoku**

	3			2				4
	6				4			5
				7	5			3
7		3	2	6			9	8
6		5	8		7	2		3
8	2	9		3	1	5		7
1	7			4	8			
3				6				1
2				1				7

**SOLUTION**

1	8	7	6	5	9	4	8	2
4	9	2	8	7	1	6	5	3
6	5	8	4	2	3	7	9	1
5	2	3	7	1	8	9	4	6
9	8	6	3	4	5	2	1	7
7	4	1	9	6	2	5	3	8
2	1	9	5	3	7	8	6	4
3	6	5	2	8	4	1	7	9
4	7	1	4	9	6	3	2	5

Complete the grid so that every row and every column contains the numbers 1 through 9  
A number is Never repeated in a row or column.  
In addition every rectangle must contain the numbers 1 through 9

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## How "answering five questions you're AFRAID customers will ask," can ramp up your business big-time!

by Ken Varga



Hi, I am Ken Varga. I want to share with you some of the ideas, strategies, and principles that allowed me to build 35 businesses during my career.

By earnestly applying the ideas, you will learn how you too can build your business to success, while living an unhurried life, filled with family, friends, fun and a relaxed attitude.

In this tip, I'm going to continue writing about the bank who hired me to get more customers for it.

One of the functions of a bank is to get new customers to start savings and checking accounts.

The more money banks have in savings accounts, the more money they can lend out.

So I had to create a direct mail piece to get prospective customers to switch from their current bank to this bank.

I created a direct mail letter that went out to all the households within a five-mile radius of the bank.

Answer: New births. That's right! Most businesses miss the opportunity of new births in their neighborhood.

Any Business. I don't care

figures from the Commerce Department showed. Company earnings increased 8 percent, capping the biggest year-over-year gain in a quarter century.

financial crisis aftermath, Chile has been the unluckiest so far, because of the huge economic reversal caused by the Feb. 27 earthquake. Uruguay has bounced back with the strongest growth of all Latin American countries, surging 2.9 percent in 2009, the data showed.

## Germany hits back at critics over its trade surplus

ZURICH, Switzerland – Germany hit back at critics on its trade surplus, with Foreign Minister Guido Westerwelle saying in remarks published yesterday that Berlin would not apologise for its successful export-led model.

"We will not apologise for being successful. We see this much more as incentives for others to step into a healthy competition with us," he told Swiss newspaper NZZ am Sonntag.

"One should not criticise

## Petrobras Rakes in \$15.5B for Fiscal Year '09

Petrobras reported its consolidated results of the fourth quarter 2009 and 2009 fiscal year, in accordance with generally accepted accounting practices in United States (U.S. GAAP).

The consolidated net income reached U.S. \$15.5 billion in 2009, (U.S. \$3.54 per ADS), compared to U.S. \$18.9 billion in 2008 (U.S. \$4.30 per ADS). The decrease was primarily due to lower sales prices of oil and oil products, foreign exchange losses as a result of the Company's net monetary asset exposure in U.S. dollars and the extraordinary expense incurred in 2009 for special government partic-

those who bring good benefits," he added.

"The question is more, what can be done to make Europe more competitive. Europe runs well with a strong, successful Germany," he said.

French Finance Minister Christine Lagarde had said last week that Germany's strong surplus, a result of Germany exporting more goods than it imports, was unsustainable for Germany's partners in the eurozone.

ipation taxes.

Adjusted EBITDA was U.S. \$28.98 billion in 2009, compared to U.S. \$31.08 billion in 2008. Excluding the currency exchange effects of the conversion of Reals to U.S. dollars, adjusted EBITDA increased 4.9% in 2009 compared to 2008, despite lower crude oil and oil products prices. The adjusted EBITDA margin increased from 26.3% in 2008 to 31.5% in 2009.

Capital expenditures amounted to U.S. \$35.1 billion in 2009, most of which was allocated to the expansion of future oil and gas production capacity.

## US economy expands at 5.6% pace

The US economy expanded at a 5.6 percent annual rate in the fourth quarter of 2009, and corporate profits climbed, setting the stage for gains in employment that may broaden

and preserve the expansion.

The rise in gross domestic product, while smaller than the government's previous estimate issued last month, marked the best performance in six years,

## Latin American economic recovery shows mixed results, risks

RIO DE JANEIRO, Brazil -- Latin American economies are on the mend, with varying results for performance since the 2008 global downturn but the recovery remains patchy and fragile, new financial data indicated on the weekend.

The strongest indicators are in Brazil, which is poised to

raise interest rates as early as April to curb inflationary pressures. Inflation has also hit Argentina and Venezuela and affected other Latin American countries but the causes are less auspicious and not indicative of growth.

Of other economies that performed well despite the fi-

It was simply a letter of introduction, and asked them to come into the bank for, you guessed it, a Free Report that revealed the "Five Questions" you should ask any bank, that they don't want you to ask.

Before I created this report, I interviewed a few of the officers to determine what question bankers are afraid their customers might ask.

So in essence you could do the same thing. This will create your letter and the offer.

Then I created a direct mail piece for all the new people who moved into our geographical area.

Basically the letter went like this:

Dear Mr. & Mrs. \_\_\_\_\_,

I would like to take this opportunity to welcome you into our neighborhood.

Sometimes it's very strange moving into a new neighborhood, so we would like to extend an invitation for you to visit our Bank.

As a token of our appreciation for your time, we would like to give you a Beach Bag and also a Free Report that reveals the five questions bankers don't want you to ask when you're opening a new account.

One of our Customer Satisfaction Representatives will call you next week.

Very Truly Yours,

Naturally the letter is a little longer, but for this brief tip, you get the general idea.

Now I thought where else can I create more customers and where might they come from.

That's right! Most businesses miss the opportunity of new births in their neighborhood.

Any Business. I don't care

if you're a Pizza place, Doctor, Dentist, etc., can use this concept to create more new customers.

Anyway, the letter went like this.

Dear Mr. And Mrs.

I would like to take this opportunity to congratulate you on the birth of your son, Brian.

As you know the years go by very quickly and before you know it Brian, will be of college age.

Realizing this, I would like to take this opportunity to tell you that we have started Brian with a savings account for his college education.

We have started this account with \$25.

In order to complete the necessary forms, we will need you to come to our bank and give us the necessary information.

Very truly yours,

Well, what do you think?

And guess what? When the parents arrive, the Customer Satisfaction Representative will find out where they currently bank and encourage them to switch.

These few ideas about direct mail have created an enormous number of new customers, each and every week.

The banks receive a list of all the new move-ins and new births in their geographical area.

Well, that's it for this tip. Because of the emails I've received requesting more examples, I'll continue with more in the next tip.

To your success,

Ken Varga

Ph: 888-682-2596; Fax: 888-682-2597

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## Sweetener eyed as cause of belly bulges

Federal health experts say the American obesity rate has skyrocketed since the introduction of high-fructose corn syrup 40 years ago.

Princeton University scientists say they've found new evidence that a sweetener commonly found in processed foods and drinks result in abnormal weight gain and other obesity-related health issues.

Even when overall caloric intakes were equal, lab rats with access to high-fructose corn syrup gained "significantly" more weight than those with access to table sugar, according to Princeton Neuroscience Institute researchers.

They also found that long-term consumption of high fructose corn syrup leads to high triglyceride levels and increased belly fat.

The Corn Refiners Association, a national trade group, insists that multiple health and nutrition studies show there are no significant differences in calories or how the body metabolizes table sugar and high fructose corn syrup.

High-fructose corn syrup is made from cornstarch, and is essentially sugar in liquid form. The main difference from table sugar is how it affects food texture. The sweetener is found in many foods and beverages, including fruit juice, soda, cereal, bread, yogurt and ketchup.

In the Princeton studies, lab animals with access to high-fructose corn syrup gained 48 percent more weight than those eating a normal diet. In humans, this would be like a 200-pound man gaining 96 pounds, researchers said. In one study, rats were fed the

high-fructose corn syrup over six months.

"When rats are drinking high-fructose corn syrup at levels well below those in soda pop, they're becoming obese, every single one, across the board," said Princeton psychology professor Bart Hoebel, who specializes in the neuroscience of appetite, weight and sugar addiction.

High-fructose corn syrup and sucrose are both compounds that contain the simple sugars fructose and glucose, but there are at least two differences between them.

Sucrose contains a 50/50 breakdown of fructose (fruit sugar) and glucose (blood sugar). High fructose sweetener is 55 percent fructose, 42 percent glucose and 3 percent higher saccharides, which are larger sugar molecules.

The differences may relate to excess fructose being metabolized to produce fat, while glucose is largely processed for energy or stored as a carbohydrate in the liver and muscles, researchers suggest.

The Corn Refiners Association, which launched a \$30 million market campaign designed to dispel misinformation about the sweetener, cites recent studies showing similar blood glucose concentrations and similar insulin responses among people who ate high fructose corn syrup and regular sugar.

However, in the 40 years since the introduction of high-fructose corn syrup as a cost-effective sweetener in the American diet, U.S. obesity rates have skyrocketed, according to the Centers for Disease Control and Prevention.

## Stevia herb sweetens global market



A worker tends plants at a stevia plantation in Caacupe, east of Asuncion, Paraguay

WASHINGTON — A sweetener derived from the South American herb stevia is taking the global marketplace by storm, promising a zero-calorie product that also has the appeal of being natural.

The global market for stevia sweeteners has already hit 500 million dollars following US regulatory approval and could reach 10 billion dollars in a few years, according to market research firm Mintel.

Stevia, which originated in Paraguay but has been used for decades in Japan and other Asian nations, got a major boost when the US Food and Drug Administration cleared the use of a stevia extract called rebaudioside A (Reb-A) in December 2008.

Since then, stevia-based sweeteners have been adopted by big food and beverage giants such as PepsiCo, Coca-Cola, Nestle, Danone, Unilever and others, and are on its way to becoming a household name.

"Reb-A suppliers report huge growth in a market that is set to explode," Mintel said in a recent report.

"Reb-A and stevia is projected to penetrate 20 to 25 percent of the global sugar and

sweetener market, which is currently still growing."

Others say the product comes at the right time with concerns growing in the United States and elsewhere about obesity linked to sugary soft drinks and other products.

"In an era with serious political and social and health ramifications of sugar and high-fructose corn syrup, stevia's new 'natural' label will give it a prime spot as the holy grail of sweeteners," says food policy consultant and blogger Naomi Starkman.

The Reb-A extract from stevia is an estimated 300 times sweeter than sugar, which means it is generally mixed with other ingredients for bulk and to ensure proper sweetening dosing.

It is being used in zero-calorie drinks or foods or reduced calorie items. It has a low glycemic index, so it can be used by diabetics and in diet products... and the product is natural.

The largest producer of stevia leaf is China, which has long supplied extracts widely used for sweeteners in Japan, where stevia has been used since the 1970s.

Most European Union

countries still prohibit stevia, with the exception of France, which last year authorized a two-year trial period for certain stevia extracts.

Stevia producers hope for a favorable ruling this year from EU safety officials, and note that it is approved in many countries including Australia, New Zealand and Switzerland.

Yet stevia still has skeptics as well. Some claim it was hastily approved in the waning days of the administration of president George W. Bush as a favor to soft drink companies, after being banned for many years.

"It's hard to know whether stevia is safe or not, as research is minimal," says Marion Nestle, a professor of nutrition at New York University, who argues that it may be a stretch to call stevia products "natural."

"We can debate whether a chemical sweetener isolated from stevia leaves is really 'natural' but here's another problem: stevia doesn't taste like sugar," she said.

"Companies have to fuss with it to cover up its 'off' taste. And they must do so without detracting from the perceived benefits of its natural status."

## US restaurant menus to carry calorie information of every food item

The health care legislation passed by President Obama is now going to observe all the big restraint chains with more than 20 wings updating their menus. The new law makes it compulsory for all the restraints menus to carry the calorie information of all the food items listed on it.

The new bill makes use of the language observed in the MEAL Act, which was proposed in 2003 by Senator

Harkin of Iowa, Chairman of the Senate Health.

She explained that for over two decades, the consumers have been receiving the advantage of nutrition labels mentioned on packaged foods, but they have always been away from the nutritional information on the restaurant meals.

However, the information about the calories can be obtained from restaurant literature or on their websites. But

with the recent move, the Government will be able to motivate a majority of the Americans for avoiding consumption of high calorie items, as the calorie information will now be available at the tables.

Sue Hensley, a spokeswoman for the National Restaurant Association said that the restaurant sector is supposed to accept the legislation to maintain uniformity in the various outlets across the nation.

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## Ex-Scientology lawsuits reveal elite Sea Org group

SAN JACINTO, California — At the edge of arid foothills far outside Los Angeles, hundreds of Scientology followers live on a gated, 500-acre campus and work long hours for almost no pay reproducing the works of founder L. Ron Hubbard and creating the church's teaching and promotional materials.

The church says its 5,000 so-called Sea Organization members are religious devotees akin to monks who are exempt from wage requirements and overtime. But two lawsuits filed by two former Sea Org members, as they are known, allege the workers are little more than slave laborers, forced to work 100-hour weeks for pennies and threatened with manual labor if they cause trouble.

Marc Headley and his wife, Claire, are seeking back pay and overtime that could add up to \$1 million each, according to their attorney, Barry Van Sickle.

Experts say the plaintiffs face an uphill battle; one similar lawsuit in state court has already been dismissed, although the plaintiff plans to appeal.

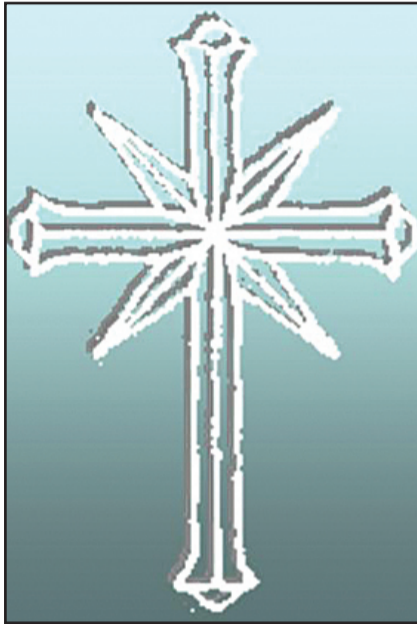
But the dispute has nonetheless focused unwelcome attention on the Sea Org, which operates as a nerve center for the church's most important business. While Sea Org members hold positions of authority within the international church, from the public relations team to the top leadership, lower-ranking members make up much of the work force.

The members are Scientology's most devoted followers: they sign a billion-year pledge, vow not to have children and live and work communally.

Scientology has been sued by disgruntled members before, but experts believe these suits are the first to use labor law to challenge the premise that the Sea Organization is akin to a fraternal religious order.

A victory for plaintiffs would "certainly go to the heart of Scientology's self-identification as a religion," said J. Gordon Melton, director of the Institute for the Study of American Religion and author of a scholarly book on Scientology.

"If they were to win this suit and the people who are in the Sea Org decided they wanted money, that would lead to, if not the collapse,



Scientology cross

then a great deal of harm," he said. "They depend upon these people."

Marc Headley devoted half his life to churning out the works of Scientology founder L. Ron Hubbard on an assembly line before working on in-house films and designing the audiovisual displays seen in Scientology churches worldwide.

Headley, who claims he escaped the gated facility in 2005, says he and others were threatened with forced labor and psychological abuse if they caused trouble.

"These folks are working for a year or two or three in a row on an hour or two of sleep a night. They're zombies," Van Sickle said. "If people had some money in their pockets or a good night's sleep, they probably wouldn't stick around."

The Church of Scientology vehemently denies the allegations and claims the plaintiffs are liars looking for money.

"When you sign up as a Sea Org member, you're signing up as a member of a religious order," Jessica Feshbach, a church spokeswoman and 16-year Sea Org member, said of the plaintiffs. "You're a volunteer. You sign a contract that says, 'I'm not going to be paid minimum wage and I know that.'"

Headley's federal lawsuit, which alleges labor violations at the Hemet facility, is set for trial in November in Los Angeles. His wife, Claire, makes similar allegations, but also claims she was coerced into having an abortion to comply with the Sea Org members' no-child policy, Van Sickle said.

Church officials say Sea Org members are not asked

to have abortions, but must leave the order if they become pregnant.

The lawsuits are similar to unsuccessful claims filed by an ex-seminarian who left the Roman Catholic church and sued for minimum wage over menial labor, said Melton, the Scientology expert. A federal appeals court last week upheld a finding that minimum wage law did not apply.

Headley joined Sea Org at 16 after being raised by Scientologist parents. He moved to the gated campus near Hemet in 1989.

At first, he devoted himself to Hubbard's teachings, a blend of Eastern religion, alternative psychology and management theory.

Practitioners believe they can eliminate negative energy from past lives through study and "auditing" sessions that use electronic devices called "e-meters" to detect mental trauma. Adherents hope to attain a state called "clear" before becoming "Operating Thetans," or pure spirits.

The Sea Org traces its roots to 1967, when Hubbard, who was also a science fiction writer, took his most dedicated followers on sea voyages to explore early civilizations and spread his teachings. Its members — called ministers — live communally and often wear maritime-style uniforms with ranks.

Headley, 36, says he began to question the religion while working for an average of 39 cents an hour to mass produce cassettes that he says cost the church \$1 to make but sold for \$75. He also helped make CDs and DVDs and the expensive e-meters used in auditing sessions before graduating to working on in-house film production, he says.

In 15 years, he said he earned \$29,000, a total he surpassed in his first year of business on his own.

Church leaders, who have labeled Headley a heretic, dispute his story and say he was an incompetent troublemaker.

Sea Org members happily receive room and board, medical and dental care, a \$50 weekly personal allowance, three weeks of annual vacation and free auditing and religious instruction for their lifetime devotion, church officials said.

Each day includes two hours of Scientology study and short meal breaks.

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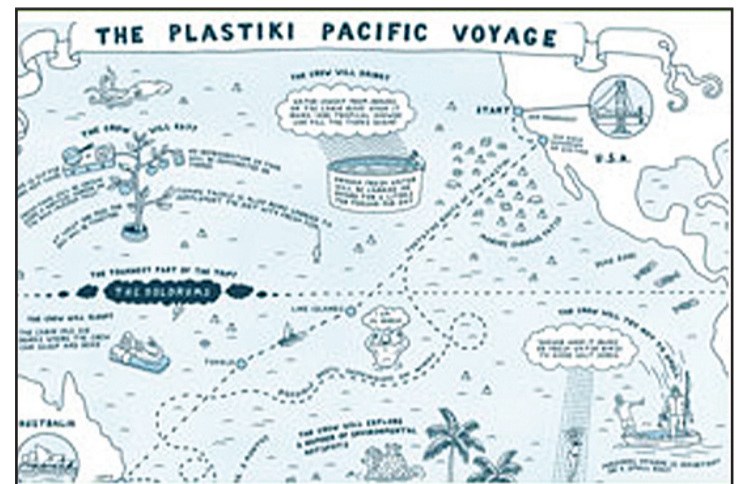
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## Recycable plastic boat sets sail



A boat aptly called the Plastiki, made out of 12,500 recyclable plastic bottles filled with carbon dioxide, has set sail for a great voyage through the Pacific. While it seems like an extreme stunt, the journey has more of a purpose than just seeing if a plastic boat can make the trip.

By now, many of us have heard about the giant collection of floating plastic known as the Great Pacific Garbage Patch. The large aquatic dump is located in the North Pacific Gyre, one of the five major vortices of currents in the world's oceans. It is twice the size of Texas and contains billions of tiny pieces of plastic.

The boat's crew including David de Rothschild, Jo Royle and David Thomson came up with this interesting way to draw more attention to the tons of plastic that make it into our oceans. They constructed the Plastiki to tour the Pacific Ocean, teaching us about recycling and lowering our consumption along the way.

The team will take approximately three months to reach Sydney, Australia from San

Francisco, heading straight through the garbage patch. They will also visit other environmental hot spots including damaged coral reefs and low-lying island nations threatened by rising sea waters.

The boat is outfitted with rain collection tanks for fresh water, a gas stove for cooking food, a vertical garden on the back mast for growing food and fishing tackle for catching fresh fish. It also has solar panels, wind and sea turbines and exercise bikes for power generation.

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# Final Four finally gives Butler reason to party



INDIANAPOLIS (AP)—The school that never celebrates midnight madness to kick off the basketball season finally held a late-night campus party.

Sunday morning's March Madness bash was even better. About eight hours after

Butler beat second-seeded Kansas State 63-56 to reach the first Final Four in school history, the Bulldogs returned home to a large crowd and loud cheers.

"We've never had midnight madness here," coach Brad Stevens said with a smile. "So



I guess this is it for us."

As the team arrived shortly before 3 a.m., two hours later than anticipated, fans who stood patiently in chilly temperatures and sporadic rain showers began chanting "Are you a Bulldog?" and swarmed the team buses.

Players were astounded by the welcome.

"It's sort of nuts," junior center Matt Howard said. "You know when we came back from the Sweet 16, there were about 20 people here. Look at it now."

Sophomore point guard Ronald Nored agreed that celebration was "awesome."

"There is nothing like coming home and being able to play the Final Four in front of the people who have been watching you all year," he said. "Everyone was texting me, telling me there were a ton of people here. But I didn't believe it."

The Hinkle Fieldhouse parking lot looked like a modern-day scene from the movie "Hoosiers."

Car horns started blaring at about 12:30 a.m., camera phones lit up the night sky and the sound of drums kept fans entertained as they waited for hours for the team to arrive.

Those who showed up Sunday morning hoped this was only the prelude to something much bigger.

The Bulldogs will face Michigan State or Tennessee in a national semifinal Saturday at Lucas Oil Stadium. That's only five miles from campus, making the Bulldogs the first team to play a Final Four in their hometown since UCLA in 1972.

## NHL Standings

EASTERN CONF.				
Atlantic	W	L	Pts	
x-New Jersey	44	25	93	
x-Pittsburgh	43	25	93	
Philadelphia	37	32	80	
NY Rangers	33	32	76	
NY Islanders	31	34	72	
Northeast				
x-Buffalo	41	23	92	
Ottawa	41	30	87	
Montreal	37	31	82	
Boston	34	28	80	
Toronto	28	35	68	
Southeast				
y-Washington	49	14	109	
Atlanta	33	30	78	
Tampa Bay	30	33	72	
Florida	30	33	71	
Carolina	31	35	71	

WESTERN CONF.				
Central	W	L	Pts	
x-Chicago	46	20	99	
Nashville	43	27	92	
Detroit	39	23	91	
St. Louis	35	30	79	
Columbus	30	32	73	
Northwest				
Vancouver	45	26	94	
Colorado	41	26	89	
Calgary	37	29	83	
Minnesota	36	33	78	
Edmonton	24	43	55	
Pacific				
x-San Jose	46	19	102	
x-Phoenix	47	23	100	
Los Angeles	42	26	90	
Dallas	33	28	80	
Anaheim	35	31	78	

## NBA Standings

EASTERN CONF.					
Atlantic	W	L	Pct	GB	
y-Boston	47	25	.653	--	
Toronto	35	36	.493	11.5	
N.York	26	46	.361	21.0	
Phil	26	47	.356	21.5	
N.Jersey	9	64	.123	38.5	
Central					
y-Cleveland	57	16	.781	--	
Milwaukee	39	32	.549	17.0	
Chicago	34	38	.472	22.5	
Indiana	27	46	.370	30.0	
Detroit	23	49	.319	33.5	
Southeast					
x-Orlando	51	22	.699	--	
x-Atlanta	46	26	.639	4.5	
Miami	39	34	.534	12.0	
Charlotte	38	34	.528	12.5	
Wash.	21	51	.292	29.5	

WESTERN CONF.					
Southwest	W	L	Pct	GB	
Dallas	48	25	.658	--	
San Ant.	43	28	.606	4.0	
Memphis	38	34	.528	9.5	
Houston	36	36	.500	11.5	
N.Orleans	34	40	.459	14.5	
Northwest					
Denver	48	25	.658	--	
Utah	48	26	.649	0.5	
Okl. City	44	27	.620	3.0	
Portland	44	29	.603	4.0	
Minn.	14	59	.192	34.0	
Pacific					
x-LA Lakers	54	19	.740	--	
Phoenix	46	26	.639	7.5	
LA Clippers	27	45	.375	26.5	
Sacra.	24	49	.329	30.0	
Golden St.	20	52	.278	33.5	

x-Clinched Playoff Spot; y-Division Champ

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**PG-13 REMEMBER ME**  
daily: 4.45 7.15 9.45  
matinee: 2.00 late show: 12.15

**PG-13 THE BOUNTY HUNTER**  
daily: 5:45 8:15  
matinee: 12:30 3:15 late show: 11:00

**R EDGE OF DARKNESS**  
daily: 4:30 7:00 9:30  
matinee: 1:45 late show: 12:00

**PG BROOKLYN'S FINEST**  
daily: 6:00 8:45  
matinee: 12:00 3:00 late show: 11:30

**PG VALENTINE'S DAY**  
daily: 6:30 9:00  
matinee: 12:45 3:45 late show: 11:45

**PG ALICE IN WONDERLAND**  
daily: 6:00 8:30  
matinee: 1:00 3:30 late show: 11:00

**AT PASEO HERENCIA**

**PG HOW TO TRAIN YOUR DRAGON**  
daily: 4:00 6:15 8:30  
matinee: 1:25 late show: 11:00

**PG DIARY OF A WIMPY KID**  
daily: 4:30 6:45  
matinee: 12:00 2:15 late show:

**R CASE 39**  
daily: 5:45 8:15  
matinee: 12:15 3:00 late show: 11:00

**PG-13 OUR FAMILY WEDDING**  
daily: 5:30 7:45 9:45  
matinee: 12:45 3:00 late show: 12:00

**R FROM PARIS WITH LOVE**  
daily: 9:00  
matinee: late show: 11:30

**R GREEN ZONE**  
daily: 6:30 9:00  
matinee: 1:00 3:45 late show: 11:30

**R SHUTTER ISLAND**  
daily: 5:45 8:45  
matinee: 2:45 late show: 11:45

**HOW TO TRAIN YOUR DRAGON (Action/Adv.)** :A Viking teenager named Hiccup lives on the island of Berk, where fighting dragons is a way of life. The teen's smarts and offbeat sense of humor don't sit too well with his tribe or its chief... who just happens to be Hiccup's father. However, when Hiccup is included in Dragon Training with the other Viking teens, he sees his chance to prove he has what it takes to be a fighter.

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# Copa Chivas Golf Tournament a total success



Last Saturday, the Chivas Regal Golf Tournament unfolded at Tierra del Sol Resort Spa & Country Club, with the award ceremony taking place that night at

Moomba Beach over an Indonesia rice table buffet.

The tournament's 103 participants, played an individual format in 3 flights (A, B & C), resulting in three net

winners, Cisco Quant, Ricky Quant & Michel van Leeuwen, respectively, who were awarded tickets to play in the Caribbean Chivas Club in the Dominican Republic as

Pictured here the award banquet at Moomba Beach, with sponsors Chivas Regal, a premium 12 year old Scotch distributed locally by Pepia Est NV, whose two directors, Michael v/d Berg and Herdy ten Lohuis served as tournament hosts.

The tournament was co-sponsors by Garage Centraal, Maduro Travel, awarding business upgrades and business class tickets to Miami on board Surinam Airways and Aruba Wine and Dine. Tierra de Sol Resort Spa & Country Club head golf pro Oliver Riding conducted his last tournament on Aruba, as he is moving on to the neighboring island of Curaçao to head up the Hyatt golf operation there. He was assisted by golf pro Adam Williamson and Serge & Ludwig on behalf of Pepia Est.

Golf prodigy, Mathew Brinkman, in his teens, played very well, and placed third among C-flight net winners.

Longest drive was won by Axl Ismael, while Shine Helmen came nearest to the pin.

## Underground Cycling Team baptize their new uniform



Last Saturday, at the Underground Store at the Palm Beach Plaza, the Underground Cycling Team (UCT) baptized their new uniform among sponsors, family and friends.

Aruba Trading's Go Fast Energy Drink is the team's main sponsor. The cycling team will now be able to travel and compete in International Races abroad.

The Underground Cycling Team is a new team which was established in January

2010 by cyclist with years of experience in Road Biking and Mountain Biking. The goal of the UCT is to spread the joy in bicycle riding, the satisfaction of team work, the thrill of racing, the comradery of good friends and inspire people of all ages and abilities to get on their bikes through the team's positive profile, attitude and success; and add further support to competitive cycling on Aruba.

"The most visible seg-



ments of our club are the competitive athletes; however our members range from novice recreational riders to top-level racing cyclists. "We believe success begets success," said a UCT spokesperson.

The Underground Cycling Team riders are: George Winterdal; Victor Vrolijk; Jean-Carlos Ras; Ignar Baren; Michel Roos; Joel Dirksz; Mervin Thiel; Brian van Romondt; Omar Tromp; Mark Tromp; Tierre Tromp; Albert Raven and Zaida Every.

The sponsor: Go Fast Energy Drink, and the collaborators Underground Kostum Kulture, Rush Magazine, Arulaser Services, Optica Johnny Vrolijk and Hammer Nutrition have associated themselves with the UCT and will be graciously supporting the team's mission.

The Underground Cycling Team (UCT) took the roads for the first time on March 18, Aruba's National flag and Anthem Day as the riders showed off the team's colors to Aruba. After a long time in the planning stage, the team is finally complete; both in the riders line up and in the list of key sponsors.

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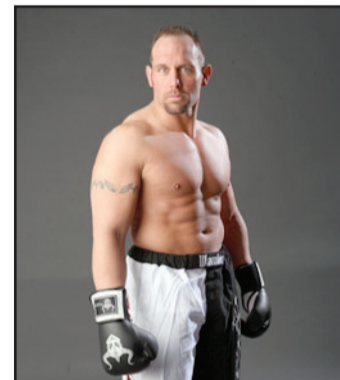
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## Part-time fighter Carwin making it look easy



NEWARK, N.J. – If Shane Carwin keeps this up, he's going to give mixed martial arts a bad name.

This is the sport that takes a lifetime to master. It requires hours upon hours of daily training. It humbles even the greatest of athletes and the strongest of men.

You don't do MMA as a side job and win championships against the best in the world.

At least, that was the conventional wisdom before Carwin came along.

Carwin still holds down a full-time job as an engineer and is a married father of a newborn daughter. That's plenty to make the average

man weary at the end of a lengthy day.

On Saturday in the co-main event of UFC 111 at the Prudential Center, he showed he's pretty good at his side job, too.

He needed just three minutes, 48 seconds of the first round to obliterate Frank Mir, as he had his 11 previous opponents, to claim the interim UFC heavyweight title and earn the right to face champion Brock Lesnar at UFC 116 on July 3.

Carwin was quizzed about his conditioning and whether he'd be able to go deep into a fight with Mir. None of his 11 victims, save for Gabriel Gonzaga, could compare to the who's who of MMA stars that Mir had beaten, so many suggested Carwin was in over his head.

A few left uppercuts and a couple of hard punches on the ground, though, left Mir in a heap and pushed Carwin to the tippy top of a suddenly loaded heavyweight division.

He may not have been technical, but he sure was effective.

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